

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- Older adults age 60 +
- seniors concerned about falls
- seniors interested in improving balance, flexibility and strength
- seniors who have restricted activities because of falling concerns

Caldwell County
Health Dept.
is bringing
you this program
for **FREE!**

8 Week Program

Fridays

3:00 p.m. – 5:00 p.m.

Beginning February 12th

**Caldwell Senior Center
650A Pennton Ave. SW
Lenoir, NC 28645**

**Call the Caldwell Senior Center
to register. Class size is limited!
(828) 758-2883**

A Matter of Balance: Managing Concerns About Falls

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).